

*Holmen Middle*

**APPENDIX A**  
**(\*District Wellness Policy\*)**

SCHOOL BOARD POLICY  
School District of Holmen  
Holmen, WI 54636

FILE: 341.33  
SECTION: E  
SUPPORT SERVICES

### STUDENT WELLNESS, NUTRITION AND PHYSICAL ACTIVITY

The School District of Holmen supports healthy practices by promoting wellness, good nutrition, and regular physical activity as a part of the total learning environment. With the student in mind the District recognizes the following components as essential to the implementation of positive nutrition and wellness practices.

- **Wellness & Nutrition Education:** Provide a learning environment for developing and practicing lifelong wellness choices and behaviors.
- **Nutrition Standards:** Support and promote proper dietary habits contributing to students' health status and academic performance. Holmen's Student Universal Nutrition Program's (SUN) philosophy is: *A healthy, well-nourished child is better prepared to learn.*
- **Physical Activity:** Encourage students to engage in physical activity that promotes life-long activities.
- **Other School-based Activities:** The District is committed to improving academic performance for all students by providing school environments that promote and protect children's health, well-being, and ability to learn. This would be accomplished by integrating nutrition and physical activity education in the classroom.

Legal Ref: Federal PL 108-265, Child Nutrition and WIC Reauthorization Act of 2004  
WI Statute 118.12 (4), Sale of Soft Drinks  
WI Statute 121.02, Curriculum Planning & Health and PE instruction  
Cross Ref: Food Service Management, 760  
Approved: Mar. 20, 2000  
Approved: January 23, 2006

**SCHOOL BOARD GUIDELINES**  
School District of Holmen  
Holmen, WI 54636

**FILE: 341.33**  
**SECTION: E**  
**SUPPORT SERVICES**

**STUDENT WELLNESS, NUTRITION AND PHYSICAL ACTIVITY**

Research has shown that there is a positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn. Improved health optimizes student performance potential and ensures that no child is left behind. The following guidelines support the policy as defined above:

- The District will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity policy.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutritional recommendations of U.S. Dietary Guidelines. These guidelines will focus on a healthy eating plan that:
  - Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
  - Includes lean meats, poultry, fish, beans, eggs, and nuts
  - Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. The staff will establish linkages between health education and school meal programs and with related community services.

**Hot Lunch/Breakfast Program:**

- The school sponsored meal and snack program is referred to as the Student Universal Nutrition (SUN)'s program. The SUN program's mission is to provide nutritionally balanced breakfast, lunch and snack choices to students, which in turn will help to promote academic excellence in our schools. The program's financial objective is to operate so that it will have a positive fund balance at the end of each fiscal year while keeping meal and ala-carte prices affordable.
- The SUN program is authorized to sell Department of Public Instruction-approved meals and ala carte items throughout the District.
- All foods available on school grounds and at school-sponsored activities during the instructional day shall meet or exceed the U.S. Dietary Guidelines. Foods shall be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals and healthy dietary habits.
- To the extent possible, schools will operate a School Breakfast Program. In addition, schools will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials, or other means.
- Time of sale includes one-half hour before the official school start time and up through one-half hour after the official school end time. Method of sale will have no restrictions.
- Schools shall discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- A lunchroom environment should provide students with a relaxed, enjoyable atmosphere. It is encouraged that the lunchroom environment be a place where students have time for meals. The School Nutrition Association (SNA) recommends at least 20 minutes for lunch from the time they are seated with minimal interruptions with other activities, such as meetings, tutoring, etc.

**Snacks:**

It shall be recommended through newsletters and other informational sources that serving snacks such as fruits and vegetables and beverages such as water during the school day or in after-school programs will make a positive contribution to children's diets and health.

**Other Sale of Foods:**

All other food sales during the school day, including occasional foods, must be pre-approved by the building administrator and the Food Service Supervisor. Occasional food sales are defined as no more than four sale events

per month with no more than two of the four occurring in any one week and no more than one per day. A Healthy Food Guide can be found at the end of these guidelines for reference.

**Fundraising** - All fundraising projects involving food shall have a goal of supporting healthy nutrition and wellness. Fundraising projects involving physical activity (e.g., walk/run event, jump rope for heart) is also beneficial to overall wellness and shall be encouraged.

**School-sponsored events outside the school day** (such as, but not limited to, athletic events, dances or performances) - It is highly recommended that foods and beverages offered or sold at school-sponsored events outside the school day place an emphasis on promoting good health and nutrition. The sale of pop, artificially sweetened drinks and candy (any item that has sugar or sugar derivatives as the first ingredient) will be permitted at those events beginning one-half hour after the official school day ends.

**Vending Machines and non-vending food items** - Vending machine and non-vending food sales of milk, water, fruit juices, nutritionally fortified beverages, and snacks that follow the U.S. Dietary Guidelines will be permitted on school grounds at all times.

Beginning in 2006-07 student vending and non-vending food/beverage choices of pop, artificially sweetened drinks, candy, and any product with sugar as the first ingredient will only be available for purchase thirty minutes before the school day begins and thirty minutes after the school day ends.

Beginning in 2007-08 student vending and non-vending food/beverage choices of pop, artificially sweetened drinks, candy, and any product with sugar as the first ingredient will not be available for student purchase.

#### **Student Nutrition & Health Education:**

The School District of Holmen includes nutrition and health education in kindergarten through high school. Instructional staff shall integrate nutritional and health-related themes into daily lessons when appropriate. The benefits of living a healthy lifestyle should be emphasized. These themes may include, but are not limited to:

- Knowledge of food pyramid, serving sizes, nutrients, and calories
- Learning to make positive decisions that address the affective domain (self-esteem, stress, feelings)
- Healthy choices for meals, snacks, and diets
- Sources and variety of foods including junk food
- Diet and disease
- Commercialism, consumer choices, and food label information

#### **Physical Activity:**

The nationally recommended amount of daily physical activity is at least 60 minutes per day. Physical activity should include regular instruction in a physical education class, co-curricular activities, recess, and other opportunities for physical activity before, during and after school.

#### **Parent and Faculty Nutrition Education:**

- Nutrition education will be provided to parents beginning at the elementary level and continuing throughout the middle and high school years.
- Nutrition education may be provided in the form of handouts, newsletters, video spots on the District channel, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

#### **Nutrition and Wellness Committee:**

The District-wide committee would meet a minimum of two times annually to evaluate policy progress, serve as a resource to school sites, and make recommendations for revisions to the policy as necessary. The committee composition may include:

- Administrative Representative
- District Food Service Supervisor
- Community representatives
- Parent representatives
- Student representative from high school level
- Staff member representative from each school level (e.g., teacher, school nurse, educational assistant)

## HEALTHY SNACK GUIDE (Exhibit)

### Best Snacks – 6-7 servings per week

Fresh fruit	Yogurt	Water
Whole wheat snack crackers	Trail mix w/ raisins	100% Fruit & Vegetable Juices
Apple sauce	Pretzels	Baby carrots
Animal crackers	Almonds	Non-fat milk

### Good Snacks – 5-6 servings per week

Raisins/Dried fruit	Breakfast fruit bars	50% Fruit juice drinks
Popcorn	Chex mix	Sports drinks
Sport/power bars	Sunflower seeds	Low-fat cookies
Granola bars		

### Snacks in Moderation – 1-5 servings/week

Cheese	Pudding	10% Fruit juice drinks
Trail mix w/ candy	Peanuts	Milk (flavored or unflavored)
Corn nuts	Snack cakes	
Cereal bars		

### Limit these Snacks – 0 servings/week

Snacks with sugar as a first ingredient are part of this list

Candy Bars	Pastries	Carbonated Beverages
Chips	Chewy Candy	